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ABSTRACT

This fifth in a series of six packages of instructional materials developed by the Pre-Retirement Rehearsal Project contains a student's pre-retirement booklet specifically intended for adults with limited reading ability and teacher's guide, which consider options in planning one's leisure time in retirement, including volunteer opportunities, retirement jobs, hobbies, clubs and organizations, reading and learning, and physical activities. The student booklet contains informative materials, forms for listing skills and interests, a quiz on the material covered, and a list of suggested readings. The teacher's guide suggests how to present instruction and provides four formats from which the teacher may choose. A six-page list of leisure time opportunities in Lancaster County is also provided. The script for an accompanying slide/tape presentation, Are You Going to Take Retirement Cold Turkey?, is also provided (with availability cited). (The other five packages of materials, the final report of the project which developed the materials, and bibliography are available in ERIC. See Note.) (YLB)

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You And Your Leisure

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LANCASTER-LEBANON INTERMEDIATE UNIT 13, ADULT EDUCATION
PRE-RETIREMENT REHEARSAL PROJECT. MRS. SHERRY ROYCE, DIRECTOR
MRS. DONNA ELLENBERG, PRE-RETIREMENT SPECIALIST

YOU AND YOUR LEISURE

One of the important keys to successful retirement is activity .... something to do. Planning what you will do with your leisure hours is as important as planning your money to retire on. In retirement you will have 50 extra hours a week to do just about anything you like.

	Hours each week	
	Before Retirement	After Retirement
Working on the job.....	40	0
Going to and from your job.....	10	0
Sleeping.....	56	56
Being with your family.....	21	?
Recreation and loafing.....	16	?
Amusing yourself/ TV/ reading.....	11	?
Working around the house.....	10	?
Church and community activities.....	4	?

If suddenly you were faced with the opportunity to retire TODAY, how would you spend the rest of your week?

MONDAY: You retire.

TUESDAY: _____

WEDNESDAY: _____

THURSDAY: _____

FRIDAY: _____

SATURDAY: _____

SUNDAY: _____

Now, that was easy! But how about the rest of your life? Will your weekly schedule keep you busy and satisfied for the rest of your life? If you're not sure, perhaps this is the time to do some more planning.

Where should you start? First, make a list of the things that you really like to do. These are your interests. What do you do in your free time now? What would you like to do if you had more time?

MY INTERESTS

_____

_____

_____

_____

_____

_____

Second, write down the things you're really good at doing..... skills that you have developed through your job, club membership activities, hobbies, community projects or raising your family. Some people are good using their hands to build or repair items,

others like to organize and plan events. What about you?

MY SKILLS

(Some ideas to get you started: using your body -- gardening, traveling, athletics, outdoor activities; using your hands -- fixing, building, sewing, weaving; using your mind -- planning and organizing; using your imagination -- creating, performing; using words -- speaking, writing, selling; using your heart -- helping others, understanding; using numbers -- counting, bookkeeping.)

_____

_____

_____

_____

_____

_____

Now, let's take your interest and your skills together and plan some retirement possibilities.

HELPING OTHERS

If you're the kind of person who enjoys helping others, feeling useful, serving your community, or learning "what's new", then you might consider volunteering some of your time and energy to a local agency or community

advisory committee. You may be aware of a situation where help is needed such as with your local hospital or school. Or if you're community-minded, you may wish to look into opportunities with your local governmental agencies, zoning boards, conservation centers or consumer agencies. Many communities have a Bureau for Volunteer Information which would be happy to give you the names of agencies seeking help. If you cannot find such a listing in your telephone directory, inquire under United Way or Community Chest.

Volunteers are not paid for the work they do. Sometimes the jobs require patience and understanding on the part of the volunteer, but the rewards are many. Consider these opportunities:

- Cancer Society
- Heart Association
- Meals-on-Wheels
- Contact, a "hot line" answering service
- American Red Cross
- Friendly Visitors, Office on Aging
- CPR instructors
- Goodwill
- Veteran's associations, hospitals
- Local politics
- Income tax assistance

Although there are many opportunities for volunteer jobs, decide first what you would really like to do, because when you are volunteering your time, it's important that you really like what you're doing. Doing <u>anything</u> just for the sake of having "something to do" is neither satisfying nor enjoyable.

GETTING A RETIREMENT JOB

Some men and women enjoy their job so much that when they think of retiring, they know they will miss the regular activity of work. If this describes you, and you have the urge to continue working, a retirement job might be the thing to consider. Part-time employment, if available, at the old job may be a good approach. Ask your employer if anything is open.

Your present job or interests may involve the kind of skills that will allow you to set up a small business of your own. If you're good at repairing, you may become a general "Mr. Fix-it" -- repairing all types of items from lawnmowers to electric fans. And you could be your own boss....working the hours you choose.

If you're interested in something new and different, you might try looking through the newspaper ads or visiting your Bureau of Employment Security. Of course, things don't always work out as easily as you may like. If you have a problem finding a job or don't know how to go about looking, check with your local Office on Aging or CETA office. They can give you information about what jobs may be available and about jobs sponsored by the federal government for older workers.

Keep in mind that if you decide to work in retirement, dollars earned from working are taxed. Social Security dollars are not taxed. At age 65 you can earn up to $4000 and still collect Social

Security benefits. If you earn more that that (age 65 to 72), you will pay back to Social Security one dollar in benefits for every two dollars you earn.

DEVELOPING A HOBBY

Not everyone wants to continue working after they retire. Now that you're planning on more free time, would you prefer spending it on a new hobby or brushing up on an old one? Hobbies are not simply a lazy person's way of taking up time. A real hobby is an interest which serves many satisfying purposes.

First of all, it can allow you to be very creative -- a personal satisfaction, such as with painting, writing, music, or arts and crafts. Secondly, it may involve you with friends and acquaintances -- a social satisfaction, such as birdwatching, bowling, golfing, any type of classes, or collecting and showing hobbies. And thirdly, it may turn out to be a money maker -- a financial satisfaction. On occasion, an individual's pastime or hobby may pay off to be the start of a small business. A highly skilled carpenter may turn out handcrafted furniture; or a ceramic, candle-making, or quilting hobby may produce items that are wanted for local craft or handmade shops.

If you've never had a hobby, retirement is the time to pick up on old interests and try new ideas. Choose something that you think you would enjoy doing and would be relaxing for you. These ideas may help you get started:

- visit hobby shows and look for ideas that interest you
- read books which explain the hobbies
- try to sum up how much the hobby will cost you. If it will pinch your pocketbook too much, try something else
- enroll in an adult education class to learn more about your interest
- listen to friends talk about their hobbies; share ideas

Try also to develop some shared leisure interests with your spouse. Nature walks, collecting items of historical interest, or enjoying music together are only a few of the shared hobbies that can enrich a marriage after 60.

JOINING CLUBS AND ORGANIZATIONS

While you are still working, join some association, group, or club related to your interests. Many clubs and organizations have "special interests" they support or "special projects" they work on throughout the year. For example, the Lions Clubs are very devoted to serving the needs of the blind. When you find an organization or club that suits you, plan to become an active member before you retire. That way, you'll already be part of the group when you have more time to devote to the activities.

There are clubs and organizations that have been organized in

the interests of retirement age people. Here is a list of a few of them:

American Association of Retired Persons (AARP)
1909 K. Street, N.W.
Washington, D.C. 20049

National Council of Senior Citizens
1511 K. Street, N.W.
Washington, D.C. 20005

National Association of Mature People
2000 Classen Center
P.O. Box 26792
Oklahoma City, Okla. 73163

Gray Panthers (movement for age and youth)
3700 Chestnut Street
Philadelphia, Pa. 19104

For more information about local chapters that may exist in your own area, write directly to the national headquarters.

Churches, social agencies, and community recreation groups often sponsor senior citizen clubs or sixty-plus clubs. In some cities these clubs offer programs, recreational activity, and noontime meals. For a listing in your area, contact your local Office on Aging or county government office.

READING AND LEARNING

Learning new things can be a rewarding leisure activity. How many times during your life have you said "if I only had time to learn" -- or "I wish I knew how to do that"? In retire-

ment you have the time. And the opportunities for you to learn are great. For starters, consider these:

- Your local high school for evening or adult education classes
- Your local colleges for enrichment non-credit courses or credit courses that will eventually lead to a degree
- Y.W.C.A. or Y.M.C.A. programs
- Vocational-education schools
- Community recreation programs

Some courses are free to retirees, others may be offered at reduced costs.

Ever wanted to trace your ancestors? Contact your local historical society or write to

The National Genealogical Society
1921 Sunderland Place, N.W.
Washington, D.C. 20036

Remember, too, that your public library should be the place to look if you're interested in teaching <u>yourself</u> something new. Choose books that tie in with your interests or hobbies. Or read for the sheer relaxation and enjoyment of it. If you're out of practice reading, start with articles or smaller books. Ask your librarian for help in selecting materials. Most public libraries today offer more than just the books on the shelf. You'll find films, records, art collections, and perhaps, even special programs. All of these are available to you on loan.

KEEPING FIT AND TRIM

The more active you are, the more active your life will be. Keeping fit by doing some physical activity will help you look, feel, and work better. Recall that old saying, "All work and no play makes Jack a dull boy."? Well, Jack is still going to be a dull boy in retirement if he forgets to enjoy himself.

Take a walk. The most natural exercise is walking and yet everybody rides. Did you ever try taking a "looking walk" -- not a pounding effort that says walking is good for the heart -- trump, trump, trump -- but a relaxing, leisurely look at the shape of things. Take stock of what a tree looks like, its particular form. What birds are around. How ice crystals cling to the side of the garage. Who knows, if you start paying attention to the particular shape of things, you may find an area that needs to be fixed up or a street corner that needs a traffic light.

Bike. Newer bicycles with more gears, 5 and 10 speeds, make cycling easier for the rider today, and a growing trend in bicycle trails make cycling safer. If you're in doubt about balancing a bicycle, try the newest in adult cycles -- the 3-wheeled "trikes".

Swing a golf club. Hit a tennis ball. As a beginner, you may want to sign up for some inexpensive group lessons at your local Y or recreation department. Lessons at golf and tennis clubs can be rather costly, but they're individual lessons and you may gain

more from the personal attention. Most pro clubs offer a discount for people 65 and over.

Go bowling. This sport takes no special equipment for you can rent bowling shoes and balls. Look for senior bowling leagues in your company or community. Try your hand at similar sports such as duck pins or boccie.

Dangle a fishing line. This is a sport that requires no special skill, but your own equipment, and in some states, a fishing license. For citizens over 65 the license is usually available at a greatly reduced cost. You may never catch any fish, but you'll have a lot of fun telling about the ones that got away.

Join a Health Spa or Club. These clubs include swimming, steam rooms, whirlpools, weight lifting rooms, and more. And don't think that everyone who goes to a health club looks like Charles Atlas. You'll find all shapes and sizes from the young to the not so young. For those people with arthritic problems, many health clubs offer special wax treatments. Be sure to ask for senior discount rates when you look into health clubs.

AMUSING YOURSELF

Watching TV, listening to the radio, attending movies, and watching sports events are favorite pastimes for many people. In retirement, you too, will probably spend some of your retirement leisure "amusing yourself". Some of the time is fine, but a steady diet of nothing but TV and radio could be very bad. People who

keep to themselves all of the time run the risk of becoming very depressed and lonely. Don't allow yourself to get into a rut.

Retirement is the time to do the things you've never had time to do before, it is a time to notice other people and renew old friendships, it is a time for freedom and opportunity, it is a time for learning, it is a time for activity and fun. Plan a program now that will give you a good balance of all of these things. Your retirement will be what you make it.

POINTS TO KEEP IN MIND!

1. Plan a leisure program, but don't get in a rut. When it's a nice day, enjoy it. Don't be afraid to change your routine -- and do the things you couldn't do when you worked.

2. There's something to do for everyone. You may have heard the expression "if you want something done, ask a busy person". That means that busy, active people know how to plan their time. They can find the time to do the things that they want. In retirement, there's something to do for everyone. The secret is simply to know what you want to do, and then, go out and do it!! Plan for the regular routine you'll no longer have when you retire from your job. Plan, but don't be a slave to your plan. Have a little fun. Enjoy the freedom that retirement brings.

3. Try to develop some shared leisure interests with your spouse. But keep some time that is yours alone.

4. Just because you retire is no reason to stop living. The challenge in retirement is to <u>live</u> as long as you're <u>alive</u>.

YOU AND YOUR LEISURE

I. What is available for fun?

In column A are characteristics and in column B leisure activities. For each characteristic there is a suitable leisure activity. Match them.

Column A	Column B
___ desire to feel useful	1. contact CETA office
___ desire to learn new handcraft skills	2. volunteer at Goodwill
___ desire to serve community	3. contact local historical society
___ desire to supplement income	4. help to prepare Meals on Wheels
___ desire to play with friends	5. join a senior citizens' club
___ desire to get more education	6. enroll in a local craft club
___ desire to delve into your roots	7. fish, walk, bike or bowl
___ desire to keep fit and trim	8. attend local college for non-credit offerings

II. Below are sentences from the selection. At one place in each sentence a word is omitted and a definition substituted. Find ONE WORD to express that definition.

A. Sometimes the jobs require patience and understanding on the part of the _____ (one who works without pay).

B. Some men and women enjoy their job so much that when they think of _____(stopping work), they know they will miss the regular activity of work.

C. Social security dollars are not _____(subject to deductions by government).

D. A hobby can allow you to be very creative and give you a personal _____ (feeling of achievement), as with painting.

E. Try also to develop some shared _____(activities done in spare time) interests with your spouse.

F. Many clubs and organizations have special interests they support or special _____(group supported undertakings) they work on throughout the year.

III. Decide whether each of the following statements is TRUE (T) or FALSE (F). Refer to your article if in doubt.

___ A. The chief purpose of sixty-plus clubs is to furnish meals daily.

___ B. Art collections and special programs are incorporated in most public library offerings.

___ C. A steady diet of nothing but T.V. or radio can be a good source of retirement recreation.

___ D. Most communities maintain a file of agencies seeking volunteer help.

___ E. Generally speaking, an adequate program for a retired person consists of a variety of activities and a change in routine.

___ F. Doing anything just for the sake of doing something can be satisfying and enjoyable.

IV. Listed below are activities retired persons participate in. Categorize each under these headings:

RECREATION WORK COMMUNITY SERVICE

1. Delivering mail to patients' hospital rooms.
2. Acting as surrogate grandparent for an underprivileged child.
3. Delivering Meals-on-Wheels.
4. Helping in a florist shop over busy holidays.
5. Participating in a nature walk alone or with spouse.
6. Offering to help with church secretarial duties.

7. Making small woodcrafted items for sale to gift shops.

8. Meeting with other senior citizens at a miniature golf course for a round of golf.

9. Offering to babysit occassionally for neighbors who want a responsible sitter.

10. Attending programs and trips sponsored by the sixty-plus club.

V. Using the derived form of a word. For each CLOZE sentence the base or root word is given. Formulate the correct derived form to be used in each sentence.

A. In _____ (retire) you will have 50 extra hours a week.

B. In planning, consider your interests and skills together and plan some retirement _____ (possible) for yourself.

C. You may wish to consider volunteering some of your time and energy to a local _____ (agent) or community.

D. It may be _____(enjoy) for you to take a slow walk alone or with a friend.

E. If you're a tax expert, you may offer _____(assist) on tax forms.

F. Some jobs are _____ (sponsor) by the federal government.

G. Social security dollars are not _____(tax) income.

H. Your leisure time activities must be _____(relax) for you.

I. Collecting items of _____(history) interest, such as arrowheads, can be a shared activity for a retired married couple.

J. Making such a _____(collect) can also be financially beneficial.

K. _____(Cycle)trails are making this a safer hobby for senior citizens.

VI. Select one of the organizations for retirement age people listed on page 8. Write a letter asking about the local chapter.

YOU AND YOUR LEISURE

Answer Sheet

I. Column A -

4, 6, 2, 1, 5, 8, 3, 7.

II. Definition substitutes

A. volunteer B. retiring C. taxed D. satisfaction
E. leisure F. projects

III. True or False statements

A. (F) B. (T) C. (F) D. (T) E. (T) F. (F)

IV. Activities:

RECREATION	WORK	COMMUNITY SERVICE
5	4	1
8	7	2
10	9	3
		6

V. CLOZE sentences.

A. retirement B. possibilities C. agency
D. enjoyable E. assistance F. sponsored
G. taxable H. relaxation or relaxing
I. historic J. collection K. Cycling

OTHER READING MATERIAL THAT MAY HELP YOU:

1. "Aim's Guide to Your Leisure Years"
   Action For Independent Maturity
   1909 K Street, N.W.
   Washington, D.C. 20006

2. "Leisure and Your Retirement"
   Retirement Living Magazine
   150 East 58th Street
   New York, N.Y. 10022 1.25

3. "The Fitness Challenge"
   Supt. of Documents
   U.S. Gov't. Printing Office
   Washington, D.C. 20402 75¢

4. "Your Retirement Hobby Guide"
   American Association of Retired Persons
   215 Long Beach Blvd.
   Long Beach, Calif. 90801 20¢

5. "Your Retirement Job Guide"
   American Association of Retired Persons
   215 Long Beach Blvd.
   Long Beach, Calif. 90801 20¢

Leisure Time

Remaining open to life, seeking new challenges, cultivating wide interests and promoting reasonable social contacts are key factors to satisfaction and joy in retirement. Planning what to do with leisure hours is as important as making the proper financial arrangements. This session should, therefore, explore the question "What do I really want in retirement?"

Format 1
Refer to Format III under Planning for Retirement

Format II
Refer to Format IV under Planning for Retirement

Format III
An evaluative questionong exercise stimulated by the moderator. Each participant individually writes down his answers to the statement: list 20 things that you LOVE to do. Beside each, write down the last time you engaged in such activity. If it has been more than 3 months, give yourself an excuse; not enough time, seasonal, no access, too much money. On reverse side of the paper, write down 20 things your spouse LOVES to do. Moderator can then get the group to evaluate their answers by asking the following questions:

1. Were all the items you listed non-work experiences or leisure-time activities?
2. Were more than half? How many activities were job-related?
3. How many of the items on your list are "loner" activities -- something you would do by yourself?
4. How many are group activities - something you would do with family or friends?
5. How many of the activities are geared in the same direction, for instance, all athletic (swimming, golfing, dancing, tennis, bowling, etc.). Are more than half your activities physical vs. mental or vice versa? Is there a variety to what you enjoy doing or do you seem to enjoy doing similar things? (Mark similarities and non-similarities).
   KEEP TRACK OF YOUR OWN SCORE
6. How many of the items listed are things that you haven't done recently or haven't done often?
7. How many of the excuses given were "not enough time"?
8. How many of you couldn't think of 20 or had a difficult time thinking of 20?

Did the participants discover any startling pattern as to what they like to do, how they like to do it, with whom and so on? Did the answers give any idea of the activities they have enjoyed in the past that might be continued or further developed in the future? What were the first six answers they wrote down -- they were the easiest to recall, perhaps the most important. How does their list compare with their spouse's? Did they have a fairly accurate picture of what each other likes to do?

In retirement, a man needs to replace a job or career with interests--- a woman needs to replace children or job with outside interests, too.

By planning interests together, a husband and wife not replace lost interests but gain new ones that they can share.

Format IV
A presentation of "what's available" led by the moderator and assisted by a community resource consultant in the area of recreation, continuing education, volunteer service or part-time employment. Areas to cover include:

A. Part or full-time work
B. Volunteerism
C. Athletics
D. Hobbies
E. Education
F. Travel
G. Entertainment
H. Clubs and church
I. Family and friends

Remember that participants have their own sources of "what's available" so this may be a good time to exchange ideas.

Format V
Probing exercise approach based on "The Party" by Richard N. Bolles, the National Career Development Project. Individuals examine work satisfactions and determine interest patterns. They then attempt to find leisure time alternative for the job. Group solutions should be encouraged. This type of exercise is best suited for a sophisticated audience.

LEISURE TIME OPPORTUNITIES IN LANCASTER COUNTY

Note: All information is current as of January 1, 1978

VOLUNTEER OPPORTUNITIES:

Pennsylvania Board of Probation and Parole - Citizen Volunteer Program
Lester Nagle 299-7595

- Volunteer work one on one with client to act as an advisor or counselor
- Particularly prefer volunteers with experience in a trade either as a vocation or a hobby
- Clients are adults, mostly in the 21-25 age range
- Clients and volunteers are matched on interests
- Volunteer orientation program is given by Pennsylvania Board of Probation and Parole
- Looking for open-minded people who are interested in people
- PBPP monitors relationship and will provide guidance

Volunteers in Probation and Parole
Barry Bucher, Volunteer Coordinator

- Volunteers work one to one with juveniles, adults, or inmates (most volunteers are males in 20's and 30's)
- Purpose is to reduce the number of people returning to crime
- Volunteers fill out application and then interview
- Could use older volunteers to share hobbies and activities with parolees
- Are open to suggestions for volunteer activities
- Have a training program

Red Cross - 430 W. Orange St., Lancaster 299-5561

- Supply volunteers to hospitals to aid nurses (deliver mail to patients, transport patients, etc.)
- Supply volunteers to nursing homes (help in therapy, take patients outdoors, arrange parties and social events)
- Clerical help in Red Cross office
- Drivers to transport patients to VA hospitals in Coatesville and Lebanon
- Public speaking to groups, organizations and new volunteers about Red Cross
- Instructors (especially daytime instructors) in first aid, CPR
- Advise youth programs

Big Brother 397-7567

- Uses volunteers to meet with a boy age 7 to 15 once a week or more
- Volunteer acts as a role model for the boy to look to
- They match boy and Big Brother on personality, interests, and geographic region
- Do not presently have older people in program
- Big and Little Brother will do something together each week such as sports, camping, fishing
- Also have outings for all Big and Little Brothers

Blind Association

Ann Hinkle, Volunteer Coordinator 397-4835

- Need drivers for blind to provide transportation
- Need readers for radio - does not have to be professional reader, however, no heavy foreign accent
- Clerical workers and receptionists
- People to work with contributions being mailed in
- Staff gift shop (when move to new building is completed)
- Friendly visitors meet with blind people to write or read, arrange transportation or just talk
- Work in various social activities (ceramics class, pottery class, bowling, and social club)
- Pre-school vision testing - not highly technical

Pennsylvania Farm Museum

Mr. Brooks or Mrs. Gerhart 569-0401

- Use volunteers as guides mostly in summer when they have more visitors
- Would like volunteers to come on regular basis and prefer full day (9-4:30)
- They provide training, it is not necessary to be an expert in the field of antiques or crafts
- Volunteers should be friendly, willing to learn, and like talking to people
- They have a library for those volunteers who would like to increase their knowledge

Lancaster Association for Retarded Citizens (LARC) 630 Janet Ave., Lancaster

- Need volunteers for Citizen Advocate program. Volunteer would work one to one with a retarded citizen at least once a week. Activities could include field trips, recreation, social events, etc. Applicants are screened and matched to a retarded citizen. No special training is provided but guidance is offered if needed
- Volunteers needed for clerical work
- Volunteers needed for babysitting so that parents can go out
- Volunteers needed to assist at activities such as bowling (keep score), swimming, and chaperones for trips
- Volunteers needed for special events such as Olympics, Bike-A-Thon, Craft Show, fund drive, and Fishing Derby. These are not long term commitments
- Volunteers needed in Scouting program

SCORE

Call Chamber of Commerce for referral

- Comes under auspices of Small Business Administration
- Retired executives counsel business, large or small. Also counsel those thinking of going into business
- After filling out a form describing what type of assistance is needed they match volunteer to the request
- Also sponsor pre-business seminars
- Will counsel those retirees who want to start a business based on a hobby
- Will soon begin ACE program (Active Corps of Executives). These are non-retired volunteers

Lancaster County Public Library

- Volunteers work in the library shelving books, researching requests, working at circulation desks
- Offer special courses occasionally that are open to the public

Lancaster County Office of Aging

Contact Volunteer Coordinator

- Volunteers can be of any age but must like to work with 60+ age group
- Interviews are required
- Have four programs for volunteers:
  1. Friendly Visitor
     a. Volunteer visits older people who need outside contact
     b. Visits at least one hour a week
     c. Office of Aging matches visitor with client
     d. 2-3 hour training period
  2. Telephone Assurance Program (TAP)
     a. Volunteer calls an older person at a pre-arranged time every day, 7 days a week to determine if that person is okay
     b. The call is a safety check and social contact for the client
     c. Volunteers attend a 3 hour training session
     d. Five hours a week is the minimum time requirement, however, one may be a substitute caller
  3. Phone Pal Program
     a. Volunteer calls an older person who needs outside contact
     b. Purpose of call is social, not safety check as with TAP
     c. No formal training required
     d. No specified number of hours required
     e. Office of Aging matches people based on interests
  4. Clerical Staff
     a. Volunteers assist with office work

Volunteer Service Center 630 Janet Ave., Lancaster 299-2824

- Provides information about volunteer opportunities
- Will help match volunteer to a suitable organization

EDUCATION:

Lancaster Jewish Community Center Association
Lawrence Pallas, Exec. Dir.
2120 Oregon Pike, Lancaster
- Sponsor both physical and non-physical programs such as adult tap, ballet, and jazz dancing, international folk dancing, adult ceramics, Contemporary Trends in Jewish Theology, Israel and the Middle East
- Costs range from $10 to $45, slightly higher for non-members

YWCA
110 North Lime St., Lancaster
- Offer courses in wide range of topics both physical and non-physical such as swimming, dancing, rugmaking, flower arranging, written communication, geneology, how to relax, languages, cooking, etc.
- Costs range from $3 to $25

YMCA
Carol Hartman
572 North Queen St., Lancaster
- Offer courses in broad range of subjects such as breadbaking, Chinese Cooking, International Cuisine, guitar, investments, ceramics, off-loom weaving
- Courses run every 8 weeks
- Costs range from $10 to $20, higher for non-members
- YMCA will also be operating a new senior center at Prince St. Will include light exercise, meal, crafts and activities. Planned opening is summer or Sept. 1, 1978, depending on contractors

Stevens Trade School 397-2491
- Evening program offers courses in Fall and Winter
- Most courses are structured (woodworking is an exception). You can work on individual projects
- Typical courses: auto body, auto mechanics, welding, woodworking, drafting
- Looking for part-time instructors, people who have worked or are working at a trade

Adult Vo-Tech Education
Adult Education Office
Lancaster County Vo-Tech Schools
1730 Hans Herr Drive, Box 327
Willow Street, PA 17584

- Costs $17 to $42, higher if not a resident of Lancaster County
- Offer trade oriented courses such as appliance repair, commercial art, drafting, food trades, electronics, office practices, data processing, etc.
- Evening classes held in Fall, Winter, Spring

Lancaster School District 393-3871

- Evening courses, offered for 10 week semester, one night a week for three hour a night, are taught in Fall and Spring
- Courses cost $25 but are free to anyone over 65 if they obtain a card at the Administration Building, 225 W. Orange St., Lancaster
- Courses include such offerings as cabinet making, woodworking, math, English, languages, sewing, typing, shorthand, writing analysis, etc.

Franklin and Marshall College

- Senior citizens can audit regular courses free
- Et Cetera Program of non-credit courses is free to senior citizens. Offers such courses as knitting, chair caning, speed reading, photography, etc.
- Courses run for 5 weeks, cost $25-$30 average

Art Association of Lancaster County

- Offer art classes in portrait painting, mixed media, drawing, etc.

"ARE YOU GOING TO TAKE RETIREMENT COLD TURKEY?"

Script: 20 Min. Slide/Tape

What are you going to do with your leisure time when you retire? To find meaningful enjoyable activities takes planning. This program is designed to start people on their way to planning for their leisure time by giving people a brief overview of activities available in Lancaster County. It covers the areas of hobbies, volunteer activities, social organizations, education, travel, second career, and recreation.

Pre-retirement Rehearsal Project

Produced by: Lancaster-Lebanon Intermediate Unit 13
Adult Education
Box 5026
Lancaster, PA 17601

Written by : Herb Kruger, Media Specialist

Edited by : Donna Ellenberg, Pre-retirement Specialist

Project Director: Sherry Royce

ARE YOU GOING TO TAKE RETIREMENT COLD TURKEY?

1. Black	
2. Title	FADE UP MUSIC
3. Person gardening	When you retire you will have more than twice as much leisure time as you did when you were working.
4. Person setting up camper	Retirement is the time to develop your interests and talents, to help other people, and to have fun. Preparing before you retire will help make your retirement even better.
5. Volunteer activity	Anyone can just fill up time with activities, but to find meaningful and enjoyable activities takes planning and self-knowledge.
6. Volunteer activity	This slide program is a brief overview of some of the activities available in Lancaster County. It is designed to start you on your way to planning for leisure activities. The rest is up to you ... Are YOU going to take retirement cold turkey? FADE OUT MUSIC
7. Person showing hobby	In the area of hobbies, have you investigated local resources?
8. Art Association sign	There are numerous hobby groups you may want to join. The Lancaster County Art Association, The Lancaster Opera Workshop, Photo Club Lancaster, The Lancaster Auto Club, and the National Archery Association are just a few.

9. Art Association display	You could even expand your hobby into a small business either to recover your costs or make a profit. Craft fairs and hobby shows are an excellent way to display your hobby.
10. Making jewelry	Of course, not everyone has a hobby and it's not necessary that they do. But if you would want to start a hobby, how would you do it?
11. Rug hooking	First, take an inventory of your interests and skills. Then investigate the hobbies that are related. When you discover a hobby that appeals to you, read or talk to someone about it to find out how much it costs, how much time it takes, and how to learn more about it.
12. Person fishing	But don't wait until you retire to start a hobby. Begin now by exploring possibilities. Devote a few hours a week to your hobby. That way when you retire it will be in full swing.
13. Group involved in volunteer work	Whether or not you have a hobby, you may want to consider becoming involved in volunteer work. There are many organizations in Lancaster that need your skills to help other people.
14. Red Cross volunteer delivering mail	What could you do? Consider volunteering your time to the Red Cross. You can assist nurses in hospitals by delivering mail to patients,.....
15. Transporting patient	transporting patients from room to room or working in a nursing home arranging social events for the residents.

16. Pushing wheelchair	Volunteers transport patients to the Veterans Hospital in Coatesville or Lebanon for treatment; they work as instructors in the first aid courses; and they speak before community groups about the services of the Red Cross.
17. Preparing meals	A well known organization is Meals On Wheels. They deliver one hot, and one cold meal a day to a homebound person.
18. Packing meals	As a volunteer you can help prepare and pack meals, ...
19. Drivers are loading car	be a driver or deliver meals. Volunteers must be dependable because people depend on them to get their meals.
20. Pitching baseball	Perhaps you would prefer to work on a one to one basis with young people. Big Brothers is an agency that matches male adults with fatherless boys 7 to 15 years old who need someone to look up to.
21. Playing basketball	As a Big Brother you would meet with your little brother at least once a week to do things that both of you enjoy doing.
22. Playing basketball	Throughout the year all the Big Brothers and Little Brothers get together for special events such as going to a baseball game or taking a trip.
23. LARC van	Another agency in which you can work on a one to one basis is the Lancaster Association for Retarded Citizens or LARC as it is called.

24. LARC going bowling	In their Citizen Advocate Program, a volunteer meets with a retarded person at least once a week to help with the special needs of that person. This could include recreational activities like bowling or swimming, social events and field trips.
25. Volunteer keeping score	If you don't want to be tied down to a regular schedule you may want to volunteer for a couple of annual events such as the Bike-A-Thon, the craft show, the fund drive, the fishing derby, or the Olympics.
26. Giving bowling instruction	No extraordinary skills are needed. You just need to be patient and understanding.
27. Volunteer and person fishing	Two groups in Lancaster work with people on probation and parole. The Pennsylvania Board of Probation and Parole has a citizen volunteer program and the County Board of Probation and Parole has a program called Volunteers in Probation and Parole.
28. Volunteer and person fishing	The purpose of these programs is to reduce the number of people returning to crime. A volunteer is matched with a person on probation or parole who has similar interests. They meet on a weekly basis to share a hobby, participate in sports, or just talk.
29. Volunteer and person fishing	Previous experience is not necessary. Training in communication skills and the criminal justice system is available. Volunteers should be open-minded and interested in people. Both organizations will provide guidance to the volunteer when needed.
30. Pennsylvania Farm Museum	Those people who like to work with groups instead of individuals may want to be a volunteer guide at the Pennsylvania Farm Museum.

31. Volunteer describing exhibit	As a guide you would talk to groups describing the exhibits. The Farm Museum trains all guides so no previous knowledge is necessary
32. Volunteer describing exhibit	Preferably museum guides work on a regular basis for a full day. They should be friendly, willing to learn, and like talking to groups of people.
33. Volunteers working with card catalog	Is doing research more in line with your interests? Volunteers at the Lancaster County Public Library find the answers to requests made by the general public. Other volunteers at the library shelve books, assist the library staff and work at the circulation desk.
34. Office of Aging logo	The Office of Aging has three different programs which help people over 60. Of course volunteers can be of any age. In the Friendly Visitor program a volunteer visits for one hour a week with an older person who needs outside contact.
35. Volunteer talking on phone	In the Telephone Assurance program volunteers call older people at a certain time every day, seven days a week to make sure the person is ok. If no one answers the phone the volunteer follows emergency procedures established by the Office of Aging.
36. Phone pal talking on phone	The Phone Pal program is similar to the Telephone Assurance program but has a different purpose. Instead of calling to check if the person is ok, the volunteer phone pal calls just to talk.
37. Volunteers assembling a mailing	The Blind Association has various positions which volunteers fill. There is a constant need for volunteer drivers to provide transportation for the blind. Some volunteers are friendly visitors. They help a blind person by reading or writing for them, arranging transportation, or just talking.

38. Volunteers recording contributions	Volunteers assist in activities which the Blind Association sponsors, such as pottery classes, bowling night, or social activities.
39. Radio Talking Library	The Radio Talking Library is a special radio station for the blind. Volunteers staff the station which broadcasts reading of books, magazines, local newspapers, adult education programs, interview shows, and music.
40. Radio Talking Library	Volunteer readers are not professional broadcasters. They are average people who speak well, and have an interest in helping blind people get information that is only available in print.
41. SCORE volunteer counseling individual	The Service Corp of Retired Executives or SCORE is a group of volunteers who are retired from business. Their purpose is to assist large and small businesses or even people who are thinking about going into business.
42. SCORE volunteer counseling group	Volunteers must meet certain qualifications to join SCORE. Each member is an expert in some field of business.
43. SCORE brochures	For those people who want to start their own business, the Service Corp of Retired Executives offers pre-business seminars where you can learn what's involved in establishing and operating a business.
44. Red Cross volunteer on phone	Most organizations need clerical help. Typing, stuffing envelopes, filing, and recording contributions are tasks that seem to be endless. If you would like working in an office for a few hours each week, you will find numerous organizations that would be happy to have your services.

45. Volunteer Service Center 630 Janet Avenue Lancaster	There are many organizations in Lancaster County that <u>are not</u> represented in this program. The Volunteer Service Center at 630 Janet Avenue can suggest other volunteer activities and can help you choose a volunteer activity.
46. AARP meeting	Volunteering is one way to stay active in the community. Another way is to join a social organization.
47. AARP meeting	The American Association of Retired Persons, AARP for short, is an organization that is interested in all phases of retirement. On the national level, they inform congressmen about the concerns of older people. Also they publish a magazine for retired people called Dynamic Maturity.
48. AARP meeting	Locally, the Lancaster Chapters of AARP have monthly meetings where you can hear a speaker on a topic of interest, or learn about current legislation affecting you.
49. Happy Hours Hobby Show	Do you prefer smaller groups of people? The Lancaster Recreation Commission sponsors the Happy Hours Clubs for people 60 and over.
50. Hobby Show	In the city of Lancaster there are five different Happy Hours Clubs. Each one meets once a week. They have hobby shows, card and birthday parties, crafts, bowling, bingo, and special seasonal events such as the Christmas and Hallowe'en parties.
51. Senior Citizen Center	The Office of Aging sponsors six senior citizen centers around the county. They provide recreation, social activities, and educational programs. The senior centers are open every weekday. Hot meals and transportation are available.

52. Lions Club Rotary League of Women Voters Sertoma Seroptomists Optomists Kiwanis Toastmasters Toastmistresses	There are many other organizations which are not age related. In addition to social activities, each of the organizations are committed to improving the community.
53. Church	And don't forget...your local church or synagogue also has social activities that may appeal to you. Check with your church leaders for more information.
54. "Education"	Have you ever had an interest in something but never had enough time to learn more about it? Lancaster County has many educational programs.
55. Millersville	There are three area colleges: Millersville, Franklin and Marshall, and Elizabethtown. More and more people are going back to college after they retire to get their degree, or "audit" courses for their own interest.
56. Franklin and Marshall	Also, investigate the non-credit courses offered by colleges. These are not regular college courses but special courses that cover almost any area.
57. Et Cetera brochures	Franklin and Marshall has the Et Cetera program where you can learn knitting, chair caning, speed reading, photography and much more.
58. Stevens Trade School	Would you like to become more proficient at a skill or trade? Stevens Trade School has courses during the day and in the evening. Some of the courses are welding, auto mechanics, woodworking, and drafting.

59. Flower Arranging Class	The Lancaster County Vocational Technical Schools operate adult education classes in the evening during the winter, spring, and fall.
60. Wood Shop Class	The courses are inexpensive and range from air conditioning to commercial art, to electronics, to cake decorating.
61. Car repair class	Tired of paying the high cost of car repair? At the vocational technical schools you can learn how to repair your car. A course in basic automotive maintenance could save you money and increase your own personal self-development.
62. McCaskey High School	School districts also offer evening classes. The Lancaster City School District has courses in cabinet making, woodworking, math, english, languages, sewing, short-hand and more. People over 65 can take the classes free by obtaining a card at the administration building. Contact your local school district for costs and course offer-ings.
63. I.U. sign	The Adult Education Department of Inter-mediate Unit 13 has classes for people who want to further their education. There are 10 classes in Lancaster and Lebanon counties that help people prepare for a General Equivalency Degree or GED as it is commonly referred to. The GED is equivalent to a high school diploma.
64. Seminar	In addition I.U. 13 has pre-retirement seminars for people who want to learn more about what to expect when they retire.
65. Quest class	The religious community also sponsors educational programs. Six center city churches operate Quest, a program specifi-cally for retired people.

66. Quest class	Classes are held during the day on topics such as the History of Art, the World of Shells, Settlers in Lancaster County and Far East Culture.
67. Jewish Community Center	The Jewish Community Center sponsors both physical and non-physical courses. Ceramics, folk dancing, slimnastics, Jewish Theology and History are some of the courses available.
68. YMCA Building	The YMCA and YWCA offer a wide range of classes. You can learn about Chinese cooking, bridge, cake decorating, languages, crocheting, and many other subjects.
69. Sign in Germany	Not all learning takes place in a classroom. You can learn by traveling. Observe the culture of another country by visiting that country. See for yourself how their country differs by living there a few weeks. Taste their food, shop in their stores, and talk to people on the street. Often you can lower costs by going with an organization on a group tour.
70. Scenery in America	And don't forget to see America, too. Our own country has natural wonders and historic sites. Some motels offer discounts during the off season.
71. Robert Fulton's Birthplace	Right in your own backyard are many historical landmarks. Have you seen...Robert Fulton's birthplace...
72. Heritage Center	Heritage Center...
73. Rock Ford	Rock Ford...

74. Wheatland	Wheatland...
75. Ephrata Cloister	Ephrata Cloister...
76. The North Museum	The North Museum...
77. Lancaster County Historical Society	and the Lancaster County Historical Society. The list seems endless. Take a one day mini-vacation and visit a historical site close to home.
78. "Second Career"	Have you considered a second career? Part time work has many advantages. You still have social contact with people you work with, you have extra income, and you have more leisure time than on a full time job.
79. For Sale sign	A second career with flexible hours would be ideal. A real estate sales person,
80. Security guard giving directions	a security guard
81. Retail sales clerk	and a retail sales clerk are some possibilities to consider.
82. Worker in the library photocopying	Another possibility is the Senior Citizen Employment Program which was recently started by the Office of Aging. Employees are 55 or over and meet income guidelines. The purpose of the program is to break down prejudices against hiring older workers by placing them in jobs where they can demonstrate their competence.
83. Worker in the library shelving books	The jobs may involve clerical work, carpentry, gardening, recreation, tutoring, counseling, and library aide.

84. Person doing carpentry work	Many people want to go into business for themselves when they retire. Be sure you have sufficient resources and guidance before going into business.
85. "You Can Work And Still Get Social Security Checks"	Remember that the Social Security Administration places a limit on your income. If you exceed that amount your social security payment may decrease.
86. Walking	Recreation is an important part of everyone's retirement. Light enjoyable exercise can be beneficial to your mind and your body. Walking is a good general exercise for the whole body.
87. Cycling	Cycling,
88. Swimming	swimming,
89. Squash	squash,
90. Racketball	racketball
91. Physical exercise	and physical exercises are other suggestions.
92. Squash	A membership in the YMCA, YWCA, or a health spa can help keep you physically active, especially in the winter months. But naturally before you start any physical program you should have a checkup by your doctor. FADE IN MUSIC
93. Golf	The retired person's greatest asset is time. It's time to do what you want and what you enjoy. For some it's not enough time.

94. Volunteer pushing wheelchair	For others it's too much time. Retirement can be a blessing or a burden. If you have no interests other than your job, then retirement will be a burden.
95. Painting	Now is the time to explore what you would like to do with your leisure time. Lancaster County has the opportunities, but you have to take advantage of them.
96. Herb Kruger, Producer Donna Ellenberg Pre-retirement Specialist	
97. This presentation is a product of a research and development grant awarded to Lancaster-Lebanon Intermediate Unit 13 Adult Education Program in conjunction with the School District of Lancaster. Sherry Royce, Project Director.	
98. The rehearsal for Retirement project is supported in whole or in part by the U. S. Office of Education. However, the opinions expressed in this program do not necessarily reflect the position or policy of the U. S. Office of Education or the Pennsylvania Department of Education, and no official endorsement should be inferred.	FADE OUT MUSIC
99. Black	